

## **Miscarriage**

Miscarriage is unfortunately very common. It occurs in 15-20% of all clinically recognized pregnancies. Most miscarriages occur before 12 weeks gestation, with a large majority before 9 weeks.

There are several potential causes of miscarriage, however, most of the time we never know an exact reason.

A miscarriage is diagnosed via ultrasound and/or lab tests. Sometimes the pregnancy will start to pass on its own before the official diagnosis of miscarriage by ultrasound is made.

### **MANAGEMENT OF MISCARRIAGE**

#### **Watchful Waiting**

- This method allows your body to pass the miscarriage on its own. Pregnancy hormone levels are followed weekly until they are back to normal. This can take several weeks.

#### **Medical Management**

- Some women may be a candidate for a trial of a medication called misoprostol (Cytotec). This medicine works by causing the cervix to soften and open slightly which leads to uterine contractions.
- This has an 85% success rate and does require some follow up.

#### **Surgical Management**

- This is an outpatient surgical procedure called a suction D&C and is done in the hospital. The surgeon gently dilates the cervix and uses a suction device to evacuate the uterus. There are risks to this procedure which will be fully discussed with you should you choose this option.

Please remember this decision is never an emergency. Take your time, ask questions, and wait until you feel good about your choice. We are here to help in any way.

#### **WHEN CAN I TRY FOR PREGNANCY AGAIN?**

Ideally, you should wait for one full menstrual cycle to allow the uterine lining to reset and be ready for future implantation. Your first period after a miscarriage may be heavier than normal and is usually 6-8 weeks after.

#### **WHAT ARE MY CHANCES OF HAVING ANOTHER MISCARRIAGE?**

Miscarriage rates do not increase until one has had 3 in a row. Your chance of miscarriage is still 15-20% with the next pregnancy thus no different than any other pregnant woman. It is important to keep in mind that you have a better chance of having a healthy pregnancy and delivery than you do another miscarriage.